

memberFOCUS

A newsletter published monthly by the Town of Warrenton Parks & Recreation Department and the Warrenton Aquatic and Recreation Facility

Register Now for Spring 2012 Aquatics Classes



Registration is now open for Spring 2012 Aquatics and Learn to Swim classes. Take a look at what we have to offer:

Swim Lessons - Classes are available for ages 6 months to adult in all ability levels. Beginners can learn basics such as water safety and floating while more advanced swimmers can work on strokes and endurance.

WARF Swim Club - A non-competitive swim club for ages 6-12. Focus is on proper technique and performance in the four strokes. More information on page 2.

Adult Swim Conditioning - Ages 16 & up, become a stronger and faster swimmer and get a great lap swim workout.

Stroke Clinics - Work on specific skills in these clinics including freestyle, butterfly, backstroke, breaststroke, starts and turns. Clinics will be held Friday nights at 7:00 pm starting March 9. Ages 11-18 welcome.

Summer Prep - Competitive swimmers... get back in the pool and ready to try out for your summer swim team. Classes start the week of March 12. Ages 10-17 welcome.

Certification Courses - Courses are available for those who need certifications for CPR/AED, Water Safety Instruction and Lifeguarding. Contact the WARF for class dates and times.

What Our Fans Are Saying About Us on Facebook...



"One of the best deals around. For the cost of coffee at Starbucks you can have hours of fun with the kids!"

"We love our membership here. I'm able to keep the kid occupied either in the pool or in Warrens Place. And often times, play time on the playground outside. This gives momma a chance to work out!"

"My home away from home."

"This is the best facility to get in shape"

"Best Zumba workout ever with Monica on Tuesday nights!"

"I have been a member since the opening and have loved Deep Water Aerobic Classes, (the Warrenton Aqua Belles is our nick name!) the ease of the schedules, the lifeguards and instructors. The land classes are fun and educational. The WARF is our extended family."

Join the conversation by "liking" us on Facebook. To find us, search for "Warrenton Aquatic and Recreation Facility" at Facebook.com, then hit the "like" button on our page. You will receive periodic facility updates, fun pictures and specials on your Facebook news feed.

Join the WARF Swim Club

This non-competitive fun swim club is a continuation of the swim lessons program. Focus is on proper technique and performance in the four strokes; freestyle, breaststroke, backstroke and butterfly. Competition skills are introduced such as starts and turns as well as the importance of self-improvement. Swimmers can enjoy the benefits of swimming in a non-competitive environment while they work on bridging their skills from swimming lessons into the possibility of joining a competitive swim team. Prerequisite: Ages 6 - 12. All swimmers need to have completed Level 4 swim lessons or equivalent.

Spring Session: Saturdays March 3 - June 9, 12:00 pm - 1:00 pm.

Register
now for
Spring
Session!



Meet Your Personal Trainers

Maximize your health and physical potential with customized attention from one of our certified instructors...



Monica Fernandi Monica started at the WARF primarily as a yoga instructor and is now thrilled to have added, Water Aerobics, Aqua Zumba, Zumba Gold, Zumba Basics, Cycle, Pilates basics, TRX and Body Pump. Monica has been able to assist all ages and back grounds, with successful weight loss, inch decreasing and yet kind, compassionate steps to bring out the potential in each client based on their needs and goals. With 3 children, a husband and a job (or two!) Monica understands the importance of time management and it is with her clients that you can find her giving the lesson of "just do it," "you only live once people" or simply... "just breathe!"



Cindy Griffin Cindy's approach to exercise is integrated programming based on the latest research and methods, emphasizing proper movement patterns, core strengthening, improving muscle balance and relieving pain. Cindy welcomes the opportunity to work with you to build an efficient workout program, modify your eating habits and teach you new ways to self-manage your well being. Specializing in Relieving Back Pain, Sport Specific Programs, Strength Training, Therapeutic Exercise and Weight Loss Programs. ACE Certified Personal Trainer since 1998, Stott Pilates Certified Instructor for all levels, Mat, Reformer, and Special Populations since 2000, Indoor Cycling Instructor and Sport Nutrition Consultant.



Beth Chamberlain Beth is constantly researching, reading and attending conferences to learn new trends and exercises, as well as to stay up to date in fitness information. Her goal is to motivate and inspire people of all fitness levels, abilities and ages. Certifications include Personal Trainer, Group Fitness Instructor - FiTOUR, Aqua Instructor - FiTOUR. Specialty Certifications / Certificates include Resist-A-Ball, Keiser M3 Indoor Cycling, IYCA - Youth Fitness Specialist - Level I and TRX Suspension Training.



Kristin Hardwerger Kristin Handwerger has a MS and BS in Exercise Science and has been working in the health and fitness industry since 1987. She has worked with all ages and all populations from hospital based rehabilitation to athletes. She is a Certified Personal Trainer, Pilates Instructor, Certified Pilates for Golf Instructor, Certified in Pilates with Resist-A-Ball, Certified Functional Training Specialist, Certified to teach group M3 Cycling, Certified to teach Spin Cycling, Certified in TRX Suspension Training, Certified in Aquacize, and Certified in BLS/AED and First Aid with the American Red Cross.

Instructor bios continued on page 4

Spring Specialty Group Fitness Classes

Spring Session: March 26 - May 19

Members: \$80/session

Non-Members: \$96/session

TRX Suspension Training

Mondays at 6:30 pm with Cindy

Tuesdays at 7:30 am with Elly

Tuesdays at 9:15 am with Beth C.

Wednesdays at 6:30 pm with Monica

Thursdays at 4:15 pm with Kristin H.

Fridays at 9:15 am with Beth C.

Saturdays at 8:15 am with Cindy

Saturdays at 9:15 am with Cindy

TRX is a type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility and core and joint stability, all while preventing injury. Everything you do with TRX challenges your core. By using your own body weight and gravity you can adjust to your own personal fitness level just by walking yourself closer or further away from the anchoring point.

Outdoor Bootcamp

Saturdays at 9:00 a.m. with Monica

Looking for structure, motivation and a results driven workout to boost your level of fitness?? Then this class is for you!

Aqua Bootcamp

Level 1 - Tuesdays at 9:00 a.m. with Monica

Level 2* - Tuesdays at 8:00 a.m. with Monica

Like Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water and moving water.

Tai Chi

Wednesdays at 7:30 a.m. with Cindy

Come try this form of Chinese Martial Art known as "moving meditation." You will learn the basic Tai Chi postures with a focus on breath and healing practices.

Flow Yoga in the Water

Level 1 - Thursdays at 9:00 a.m. with Monica

Level 2* - Thursdays at 8:00 am with Monica

Come explore a new environment for practicing yoga – one that ASSISTS, RESISTS, and SUPPORTS your own movements.

*** Must have taken Level 1 or have permission from the instructor.**

Upcoming Swim Meets

February 4 High School Regional Meet 1:00 pm - 9:00 pm
The entire aquatics level will be closed during this meet, as we will be hosting teams from 23 high schools. Any normally scheduled land Fitness classes will be held. Fitness Room open normal hours. We recommend coming in for your workout in the morning on this day to avoid parking troubles.

February 11 Occoquan Meet 7:00 am - 8:00 pm
The entire aquatics level will be closed during this meet. Any normally scheduled land Fitness classes will be held. Fitness Room open normal hours.

February 12 Occoquan Meet 7:00 am - 1:00 pm
The entire aquatics level will be closed during this meet. The Fitness Room will open at 12:00 noon. Both pools will open at 1:00 pm.

For more information, please pick up a Lap Lane Availability Schedule at the Front Desk.

Upcoming Special Slide Openings

The following are days that the slide will be open due to scheduled closings of Fauquier County Public Schools. The slide hours for these days will be 1:00 pm - 5:45 pm unless otherwise noted. Bring your family to the WARF on their days off from school and take a ride down the big slide!

Monday, February 20	Wednesday, April 4
Tuesday, March 6	Thursday, April 5
Monday, April 2	Friday, April 6*
Tuesday, April 3	Monday, April 9

* The slide is normally open on Friday nights. Slide hours will be 1:00 pm - 8:45 pm.

Inclement Weather Notice

In the event of inclement weather, please visit www.cancellations.com and search under org name: "WARF" for any weather related delays, cancellations or early closures at the WARF.



Steve DeSimone Steve brings a unique perspective, as first being a WARF member, who was then inspired to become an instructor and personal trainer. His philosophy stems from this experience and his own fitness journey "Fitness is transformational, and can be a part of your life, all the while being fun and rewarding...I encourage my clients to think of fitness as a total investment in themselves, with 100% effort resulting in 100% return. One of Steve's areas of interest is in training special populations, such as individuals with joint limitations.



Kristen Trivett Kristen is fairly new to the fitness industry but has always been passionate about living a fit, healthy lifestyle, and enjoys motivating others to become passionate about it as well. Kristen worked at Sport & Health in Arlington, VA for her first personal training job but decided to get back to her roots here at the WARF in her hometown. Her hobbies outside of work include running, yoga, hiking, cycling, reading, and watching football. She is a personal trainer and fitness instructor, and you will also see her working behind the front desk! Specialties: Functional & Core Workouts; Diet, Exercise, and Weight Loss After 50; Strength Training After 50; High Intensity Circuit Workouts.

Personal Training Special!

Purchase a 10 pack of personal training sessions before the end of February and receive the 11th FREE! Pick up a personal training brochure at the Front Desk for more information about personal training at the WARF.

Swim Season Wrap-Up

Another very successful high school swim season at the WARF is coming to an end. The swim season is a very busy time of year, and the WARF would like to thank the community, its members, and patrons for all of their support. Hosting swim teams provides local high school athletes a chance to participate in competitive swimming and provides the basis for lifetime fitness.

Business from swim teams is not only beneficial to the WARF, but also to its patrons and the community. Renting the WARF for swim practices and competitions brings in revenue that helps keep membership fees low and allows for high quality classes and amenities to members at incredible savings. Swim competitions hosting teams from out of town bring in families from across the region. These visitors would not have otherwise been in Warrenton and brought in valuable business to our Town's stores, restaurants and hotels.

Swimming is a relaxing, all-inclusive, lifelong activity that can make a significant contribution to health and wellness. By supplying a venue for teams to practice and compete, the WARF is helping local youth have more opportunities to develop their interest in swimming, many beyond the basic level.

The WARF Welcomes Fauquier Health

The Warrenton Aquatic and Recreation Facility would like to welcome the Fauquier Health as its newest corporate sponsor. For a list of locations and services, please visit their website at www.fauquierhealth.com.

